

FALLS

Falls Are Preventable

Manage Your Medications

Managing your medications can help you stay on your feet and independent for longer.

It is important for you to know the medications you are taking and why.

Take extra care

- If you take 4 or more medications as they may increase your risk of falling.
- If you miss your medications talk to a pharmacist or GP.
- When starting new medication, changing brand or changing strength.
- If you take medications for pain, seizures, diabetes, blood pressure, allergies, urinary incontinence, or epilepsy as this may increase your risk of falling.
- If you feel unwell – this includes diarrhoea or vomiting.
- During hot weather as it may cause dehydration.
- Some medications increase the risk of bleeding and / or fractures. Ask your doctor if you are taking them and don't understand your risk.



Common side effects

You need to be mindful of side effects and report them to your doctor or pharmacist.

These may include:

- Feeling drowsy, dizzy or faint.
- Being confused or lightheaded especially when you stand up.
- Being unsteady on your feet.
- Blurred vision.

Always read the instructions as they may advise not to be taken with alcohol.

What to ask your doctor or pharmacist about your medications:

- What are the potential side effects and how long do I need to take it for?
- Does it increase my risk of falls, fractures and bleeding, and if so, how do I address this risk?
- Do I need to take it with / before / after food and how often?
- Will it interact with my other medications including over the counter ones?
- What are my other treatment options?

What can you do?

- Only take medications prescribed for you. Read all the warning labels.
- If your medication has been changed, replaced or is out of date, return them to your pharmacy.
- Talk to your doctor or pharmacist to review your medications e.g. Home Medicine review / Meds Check.
- Keep an up-to-date list of all medications including vitamins, minerals, herbal, puffers, eye drops, patches and creams you take or use. Take to all health appointments
- To help keep track of medications talk to your pharmacist about a Webster pack or individual dosage pack.



Helpful sites

 healthdirect.gov.au/medicines

Information about your medicine and how to take safely.

 Download My Health app digitalhealth.gov.au/myhealth

Stores prescriptions, medications, conditions and allergies.

 **1300 MEDICINE (1300 633 424)** Monday to Friday 9am – 5pm AEST.

Medicine questions answered by a pharmacist.

 healthdirect.gov.au/medicines-and-alcohol.

How alcohol affects prescription medicines

 Download the **MedicineWise App** in Apple Store or Google Play

Save medicines and health information on your mobile phone.

To print and record your medications head to healthpromotion.com.au/healthy-ageing or ring 4320 9700 for a hard copy.



Central Coast
Local Health District

For more information visit:
healthpromotion.com.au/healthy-ageing
activeandhealthy.nsw.gov.au gethealthynsw.com.au
Phone: Central Coast Health Promotion Service 4320 9700